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The Effect of Addiction to Social Networking Sites on the Bodily-kinesthetic intelligence of Junior football players

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ABSTRACT

This study aims to find out the effect of addiction to social networking sites on the physical and kinetic intelligence of junior footballers in light of a set of variables (environment, family monthly income, academic level). For this reason, the researcher relied on the experimental method for its relevance to the nature of the study, and the sample may consist of 60 youths in football, divided into two groups, an experimental group and a control group, where they were chosen in an intentional way. The study data were collected using two main tools: the Cengiz Şahin Social Media Addiction Scale- Student Form (SMAS-SF), which consists of 28 items distributed over 04 dimensions; the Bodily-kinesthetic Intelligence (BKI) scale consists of 19 items distributed over 04 dimensions. To process the collected data and in order to test the hypotheses of the study, a student's T-test was used; The analysis of variance 'F' test, The results of the study showed that the addiction to social networking sites negatively affects the physical and kinetic intelligence of junior footballers, and there were no statistically significant differences in the variables of the study level and the family monthly income, while it was found that there were statistically significant differences in the environment variable.

Keywords: Addiction, Social Networking Sites, Bodily-kinesthetic intelligence, Juniors, Football.

1 -INTRODUCTION:

During the last decade, social networking sites occupied a large part of the lives of many, and the beginning was with Facebook, followed by the emergence of many sites, each of which distinguished itself from the other (Christina Ortner, 2018). This large spread of social media sites, especially with the emergence of generations of smart phones and tablet computers, has led to easy access to these sites, and these devices are easy to carry and move with their owner continuously and almost permanently (Jon C. Messenger, 2016). Many preferred to spend part of the time on these sites, but the matter exceeded by some to excessive use of them and staying for long periods of time, which affected their lives and social behaviors, some have also called social media addiction to this case (Wang Qingya, 2011). Generations of children and young people have appeared to spend most of the day on Facebook and Instagram, to the extent that they cannot stay away and give up these sites for a few minutes (David Hill, 2016), which has had a very bad effect on these generations, and even destroys the real lives of many of these addicts (Wassem Akram, 2017). Excessive use of social networking sites, especially Facebook and Instagram, which is also known as addiction to social networking sites, is a type of psychological and behavioral dependence on social media platforms (Lütfiye Can, 2016) and is also known as Internet addiction disorder and other forms of excessive use of digital media (Rachubinska, 2021), Mental health professionals and the use of social media: Navigating ethical challenges (Wardi Zonna, 2020), the research indicated that it affects women more than men and explained that it affects individuals according to the social media platform used, and individuals can be diagnosed with such a disorder if they participate in websites as a daily responsibility that needs to be implemented or for other goals without giving any consideration to negative consequences (Wenliang Su, 2020).

A number of studies have found an association between the use of social media in athletes, depression and anxiety, and sleep and eating problems, and studies have also indicated that adolescents who surf social networking sites for more than 3 hours a day have symptoms of depression and anxiety, and a tendency to aggression and isolation from others(Mccrae Niall, 2017). In a study published in 2019, in which about 10,000 children participated in England, researchers found that social media may harm the mental health of girls, by increasing their exposure to bullying, and decreasing their sleep and exercise (Yolanda Linda, 2016). One of the latest studies conducted on Facebook users in particular indicates that the researchers showed that 76% of

the participants used the site while walking, 40% while driving, and 63% while talking to others. It increases the imbalance between the cognitive system and the behavioral system in the brain, and the excessive use of social networking sites may cause a defect in brain functions (Ofir Turel, 2017). In addition, to other symptoms such as lack of productivity at work, effect on mood and health, lack of focus and others (Murad Moqbel, 2018).

However, many psychological issues and problems remain vague and poorly understood, especially in the athletic youth stage. This stage begins from 09 to 12 years old, also called the pre-adolescence stage, and is a preparatory and rehabilitative stage for the child's transition from childhood to adolescence and adulthood, The growth rate slows down compared to the previous stage and the next stage, during which the child's vision and ability to understand and recall the rules of different sports are complete, and the child is fully prepared to receive the complex skills of sports such as football (Ilona Bidzan-Bluma, 2018).

Accordingly, this paper aims to know the reality of addiction to social networking sites (Facebook, Instagram) and its impact on the Bodily-kinesthetic intelligence of junior footballers in the light of a set of independent variables.

2. Material and Methods

2.1 Study design and sampling

The scale of SAMAS-SF and the scale of BKI were distributed to a sample of young football players in a deliberate manner in order to facilitate the procedures and conduct of the study. Moreover, data collection began on May 02, 2022 at 11:00 am until May 16, 2022 at 06:00.p.m. Algeria time. Answering the two scales took about 30 minutes for each participant, provided that the participant was more than 09 years old and less than 12 years old. The scale was sent to 78 players, 60 players answered, with a response rate of 76.92%, their characteristics are shown in Table 1, and the questions explored included Sociodemographic variables. The reality of SMA was evaluated using SMAS-SF developed by Cengiz Şahin (Şahin, 2018),in order to divide two groups in the research, the experimental group (addicted to social networking sites), the control group (not addicted to social networking sites). Where the item No. 27 was deleted due to its conflict with the research environment, and then the validity and reliability of the scale were confirmed as shown in Tables 2, 3. SMAS-SF consists of 28 distributed dimensions It has 4 dimensions as follows: 1-5 items within the default tolerance (VT) sub-dimension; 6 to 14

items within the VC sub-dimension; There are 15 to 23 items within the Virtual Problem (VP) sub-dimension and 24 to 28 items within the Virtual Information (VI) sub-dimension. These questions were answered according to a Likert scale with five alternative answers: "(1) definitely not appropriate", "(2) not appropriate", "(3) not specified", "(4) appropriate" and "(5) appropriate" completely". All items on this scale are positive. The highest score that can be scored on this scale is 145, and the lowest is 28. High scores indicate that the participant considers themselves addicted to social media (Avula Sahithi, 2020). The SMAS-SF scores were distributed as follows: no addiction "28 to 58", mild " 59 to 87", moderate "88 to 116", severe "117 to 145". The BKI was also measured using a scale that consists of 19 items distributed over 4 dimensions as follows: 1-6 items that fall within the Flexibility (F) dimension; 7-10 is a statement that items within the dimension of Originality (O); 11-14 items within the Reliability (R) dimension; 15-19 items within the dimension of Perseverance (P), and then the validity and reliability of the scale were confirmed as shown in Tables 4, 5. These questions were answered according to Likert scale with 4 alternative answers: "(1) does not apply", "(2) applies", "(3) applies frequently", "(4) always applies"(Abd Elahman Nasser, 2015), and on this basis the highest score It can be obtained by the player in the kinesthetic intelligence scale is 76 and the lowest score is 19. Scores were distributed as follows: low kinesthetic intelligence "19 to 38", medium "39 to 57", high "58 to 76".

Table 1. Descriptive Statistics of Sample (N= 60)

Socio-Demographic Characteristics	**(n))/ %**
The Environment (%)	
Outskirts	18 (30)
City	42 (70)
Monthly household income (%)	
Weak income	14 (23.33)
Average income	40 (66.67)
High income	06 (10.00)
Academic Level (%)	
Middle School	28 (46.67)
Primary School	32 (53.33)

Source: Spss[22] Program Outputs

Table 2. Validity of SMAS-SF.

A. Validity of SMAS-SF in an Internal Consistency manner.

	VT	VC	VP	VI	SMAS-SF
VT	1.00	,507*	-,337	-,377	**,704****
VC		1.00	,551*	-,278	**,843****
VP			1.00	-,315	**,742****
VI				1.00	**,809****
SMAS-SF					**1.00**

Source: Spss[22] Program Outputs

B. Validity of SMAS-SF in manner of Comparison of Extreme Groups.

Scale	Comparison groups	N	Mean	Std Deviation	T-value	df	Sig
SMAS-SF	Lower group	15	16,8667	2,87518	-5,300	14	,000
	Upper group	15	23,6000	2,64035			

Source: Spss[22] Program Outputs

Table 3. Reliability of SMAS-SF.

A. Reliability of SMAS-SF in Alpha-Crumbach manner.

Crumbach's Alpha	N of items
,787	28

Source: Spss[22] Program Outputs

B. Reliability of SMAS-SF in Split Half manner.

Items	Mean	Std divution	N of items	Reliability	
				Befor correction Pearson Corrilation	**After correction** Spearman-Brown Coefficient
Individual	41,8667	3,58303	16		
Pinary	43,3333	2,91956	16	**,701****	**,726****
Total	42.6	3.251295	28		

Source: Spss[22] Program Outputs

From Tables 02 and 03, we notice that the SMAS-SF has high degrees of validity and reliability.

Table 4. Validity of BKI.

A. Validity of BKI in an Internal Consistency manner.

	F	O	R	P	BKI
F	1.00	,521*	,827**	,815**	**,819****
O		1.00	,553*	,575*	**,700****
R			1.00	,876**	**,855****
P				1.00	**,856****
BKI					**1.00**

Source: Spss[22] Program Outputs

B. Validity of BKI in manner of Comparison of Extreme Groups.

Scale	Comparison groups	N	Mean	Std Deviation	T-value	df	Sig
BKI	Lower group	15	12,4667	3,04412	-,341	14	,038
	Upper group	15	12,6667	3,30944			

Source: Spss[22] Program Outputs

Table 5. Reliability of BKI.

A. Reliability of BKI in Alpha-Crumbach manner.

Crumbach's Alpha	N of items
,800	19

Source: Spss[22] Program Outputs

B. Reliability of BKI in Split Half manner.

Items	Mean	Std divution	N of items	Reliability	
				Befor correction Pearson Corrilation	**After correction** Spearman-Brown Coefficient
Individual	24,9333	5,10555	10		
Pinary	23,0000	5,86759	09	**,839****	**,851****
Total	23.06665	5.48657	19		

Source: Spss[22] Program Outputs

From Tables 04 and 05, we notice that the BKI has high degrees of validity and reliability.

2.2 Statistical analysis

Descriptive analyzes were performed to describe the socio-demographic characteristics of the study sample, as well as to determine the SMAS-SFand BKI scores. Student's T-test was used to determine the significance of differences in binary alternatives variables that follow a normal distribution (The Environment; Academic Level). The "Anova One Way" test was used to

study the differences between the arithmetic means of the variables triple alternate that follow a normal distribution (Monthly household income).

All data were analyzed using the Statistical Package for the Social Sciences (SPSS) version 22.0. P values less than 0.05 were considered statistically significant.

3. Results

3.1 Characteristics of the sample

In sum, descriptive statistic for study sample (N= 30) are presented in Table 1, (70%) live in the city, (66.67%) report that they have an average monthly income, (53.33%) of the players study in primary school.

3.2 BKI levels in junior football

Table No 6. Showsdimension levels scale of BKI.

Table 6. Dimensions arrangement of BKI

Scale dimensions	Responses of Junior Football				
	Degrees	Mean	Std. division	Percent	Arrangement of dimensions
F	456,00	15,2000	3,30517	30.4	1
O	300,00	10,0000	1,28654	20.0	4
R	318,00	10,6000	1,03724	21.2	3
P	426,00	14,2000	,76112	28.4	2
BKI	1500,00	50,0000	5,06509	100	-

Source: Spss[22] Program Outputs

3.3 Study the Effect of Addiction to Social Networking Sites on the Physical and Kinetic Intelligence of Junior football players:

Table 7. It shows the significance of the differences between the pre and post measurements of the experimental and control samples.

Statistical Operations						
Nature of the Sample	Nature of the Test	N	Mean	Std. Division	T Value	Sig
experimental sample	Pretest	30	50,0000	5,06509	-5,068	,000
	Post Test	30	55,6333	4,52185		
control sample	Pretest	30	38,5000	12,50586	2,384	,024
	Post Test	30	32,6333	2,82212		

Source: Spss[22] Program Outputs

In order to compare the arithmetic averages of the experimental and control groups in the post test, the researcher relied on the one-way analysis of variance test as follows:

Table 8. The analysis of variance test between the study groups in the post-tests of the scale BKI.

-	Sum of Squares	Df	Mean Square	F	Sig
Between Groups	126,300	13	9,715		
Within Groups	104,667	16	6,542	1,485	,024
Total	230,967	29	-		

Source: Spss[22] Program Outputs**.**

3.4 Study the Differences in BKI By Independent Variants:

Table 9. The Mean and Std Deviation of the Results of the T-Test and its Significance for the Research Community According to a Variable The Environment.

Variable	The Environment	Mean	Std. Division	T Value	Sig
BKI	Outskirts	49,3333	6,10328	-,466	,021
	City	50,2857	4,69194		

Source: Spss[22] Program Outputs

Table 10. The Mean and Std Deviation of the Results of the T-Test and its Significance for the Research Community According to a Variable Academic Level.

Variable	Academic Level	Mean	Std. Division	T Value	Sig
BKI	Primary School	48,5000	4,39843	-1,554	,277
	Middle School	51,3125	5,37548		

Source: Spss[22] Program Outputs

Table 11. Variance, Sum of Squares, Their Means, F-Test Results and Their Significance for the Research Community According to a Variable Monthly household income.

-	Sum of Squares	Df	Mean Square	F	Sig
Between Groups	,467	3	,156	,449	,720
Within Groups	9,000	26	,346		
Total	9,467	29	-		

Source: Spss[22] Program Outputs

4. DISCUSSION

Social networking sites are an important need in this era because they facilitate communication between individuals and spend most of their personal, professional, scientific and social interest, which are programs that depend on the Internet in their operation, and the reason for their emergence is the revolution of communications technology, the reason for its emergence is the communications technology revolution, it is also known that it has advantages

such as achieving interaction between users and enhancing commonalities, that is it contains many virtual groups whose members bring together common interests (Daria J. Kuss, 2011), at the same time its excessive use leads to its addiction and the person's distance from real life and a feeling of loneliness due to isolation and his lack of lofty goals, this is without mentioning its damage to vision, sleep disturbances, mind, thinking and mood (Genevieve A. Dingle, 2015), this is in addition to the negative impact on movement, and movement is defined as the movement of the body from one place to another or the movement of its parts, we find the term movement with many purposes and meanings, we say agile, meaning active, fast and agile (Erbas Ulfet, 2020), as for the theory of multiple intelligences, nine types of intelligences are mentioned, including physical intelligence or kinetic intelligence It is the extent to which the individual controls his body in terms of physical activity or fine motor skills, and with the influence of the mind, intelligence is affected and skills decrease until they reach the simple level and the level declines, especially among athletes who are characterized by physical and kinetic intelligence, including football players (Horst, 2007), where it is required in this sport to identify and develop the mental abilities and levels of the players that will help them to speed and good thinking and tactical behavior in different playing situations with the correctness of the players' sense of those situations during the match (Popovych Ihor, 2021), and that the cognitive (mental) preparation plays an important role in the tactical and skill performance (Maamer Slimani, 2016), the physical and kinetic intelligence It is part of the mental abilities of the players and is an important condition for success in most different playing situations (Kajbafnezhad Hadi, 2011), and this indicates the fulfillment of the general hypothesis that states that addiction to social networking sites negatively affects the physical and kinetic intelligence of young footballers in light of the variables represented in (environment, income The partial hypotheses that state that there are no statistically significant differences due to the variables represented in the academic level and the family monthly income, while there are statistically significant differences due to the environment variable.

5. CONCLUSION

Through what was reached in the results section, we conclude that there is a negative impact of addiction to social networking sites on the physical and kinetic intelligence, and it was also found that there are no statistically significant differences in the variables of the academic level and the monthly

family income.On the other hand, it was found that there were statistically significant differences in the environment variable.

Here is no doubt that this negative impact is due to the lack of movement as a result of the presence for long hours in the use of social networking sites, especially Facebook and Instagram, and accordingly there is a stagnation in the vital organs of the body in the absence of exercise embodied in some daily habits such as running, jumping, carrying things and others, From this point of view, the parents of the players should pay attention to their children with regard to determining the times of using social networking sites, preferably not exceeding two hours per day at most, and trying to use the time in training and practicing sports because of its great benefits, whether in terms of physical, emotional, social and other.

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